



Father's Day Champagne Brunch

Sunday, June 18th from 10am to 2pm

in the Barbara McNitt Ballroom

Special editions to our fabulous Sunday Brunch Menu include:

Roast Prime Rib with Au Jus &

From the kitchen of Chef Hugh Butler comes this month's Wednesday Night Trident Room (4-9pm) Dinner Special:



with Baked Potatoes topped with Sour Cream and Green Onions & Served with Sautéed Fresh Vegetables, Caesar Salad & Chef's Choice of Dessert

\$12.00 per plate

Do you want to know what's for lunch on Fridays this month in the El Prado Dining Room?

Every Friday in June we're serving:

Fettuccine with Mussels & Bay Shrimps

Tossed with Mushrooms & Artichokes and Served with a Fresh Caesar Salad

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DEL MONTE Here's an invitation for you from the MWR Catering Sales Office:

> Make your reservations now for your very special celebration at Club Del Monte!

We can accommodate group sizes of 25 to 900 people with rooms available for intimate gatherings all the way up to the

regal grandeur of the Barbara McNitt Ballroom.

Among the many events held here are graduation celebrations, retirements, weddings, receptions, staff and command parties, family gatherings, dances, reunions and much more!

Invite your family, friends and co-workers for a truly memorable time at Club Del Monte! More information is available through the Catering Sales Office at 656-1049.

WEEKDAY HOT BREAKFAST



Did you know that hot breakfast is available in the El Prado Dining Room, from 6:45-8:30am, weekdays? It's true. Typically, you will find scrambled eggs, breakfast meats, French toast or pancakes, and breakfast-style potatoes. The cost is \$3.50 for a full meal, including coffee or tea. Single items are available ala carte, also. For more information, please call, 656-2170.

For reservations or information about our special events and delicious menus, please call 656-2170.

NAVAL POSTGRADUATE SCHOOL

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Leisure Services Manager

Cathy Austin

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Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code 831.

MWR ADVISORY **BOARD TO MEET** JULY 5

The next MWR Advisory Board meeting is set for Wednesday, July 5, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg. 220.

All departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR info and to share your command's feedback with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.

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MONTEREY BAY ATHLETIC CLUB

CLASSES

Six Pack Attack: Monday & Wednesday 4:30-4:45pm

This FREE class meets in the gym and will sculpt your abdominals. Open to all fitness center eligible patrons.

Box Combo: Monday only at 5pm

Bringing fitness to new levels, this class combines traditional step with the hottest fitness craze- - CARDIO KICK-BOXING!

- Step-N-Pump: (1/2 Step and 1/2 Resistance Training) Tuesday only at 5pm Check out this intensified cardiovascular workout that incorporates anaerobic intervals and step segments. This class will push your workout into a new zone before the final stretch.
- Cardio Boxing: Wednesday only at 5pm

Jab, kick and punch your way through your aerobic workout! Feel empowered as you train to improve fitness, strength, agility, balance and body control through aerobic kickboxing.

Just Step: Thursday only at 5pm

Step up to a challenging bench class that will give you the intense training effect you've been looking for! Cool down and abdominals complete the workout.

Yoga: Tuesday & Thursday at 12 noon Relax, stretch, strengthen and tone! This class is designed to use both your mind and body to reach your fitness goals.



CLASS FEES ARE LISTED TO THE RIGHT:

NOTE: MWR fitness classes do not meet on Federal holidays.

INTRAMIIRAI						
DOD CIVILIAN	\$3	\$16	\$24	\$40	\$6	
RETIREE/ FAMILY MEMBER	\$2	\$12	\$18	\$39	\$5.50	
RESERVIST	\$1	\$6	\$8	\$38	\$5	ho

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.

Two kinds of bikes are available for rental- street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY
STREET BIKE	\$8	\$12	\$34	\$96
6-SPEED	\$10	\$15	\$42	\$120

Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the fitness center, Bldg. 239.

FITNESS ORIENTATION CLASSES

When: Monday 0900 - 1000

Tuesday 1900 – 2000 Thursday 1330 – 1430 Who: All eligible Fitness Center patrons

What: The Fitness Orientation Class is designed to help new and current patrons learn how to use the equipment properly and learn proper etiquette for each of the areas within the facility. This includes the cardiovascular equipment and weight machines. Heather Golden, MWR Personal Trainer, is conducting the sessions. The session is free and class size is limited to 5 adults per one our class. Sign-up at the Fitness Center Front Desk.

For more information about any of these programs, please call the fitness center at, 656-3118.

SPORTS

GARAGE SALE 5K RUN

DATE: Friday, June 23 TIME: 3:00 p.m.

LOCATION: La Mesa Housing

COST: FREE

Registration accepted now until June 22 at the Fitness Center, Bldg. 239.

DIVISIONS:

Men's 17-29 Women's 17-29 Men's 30-39 Women's 30-39 Men's 40-49 Women's 40-49

Men's 50+ Women's 50+ Awards will be given for the 1st and 2nd place finishers in each division.

We have excess t-shirts left over from previous events. All you have to do is finish the race and you'll receive a t-shirt

of your choice while supplies last. Shirt sizes and styles are limited to stock

on-hand.

Kick-start your summer with a fun 5K Run and For further information, call 656-3118. celebrate the end of finals!

SOFTBALL ORGANIZATIONA MEETING

DATE: Thursday, June 8

TIME: 4:00 p.m.

LOCATION: Bldg. 239, Athletic **Director's Office**

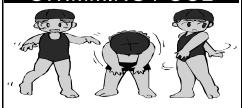
League divisions, rules, game dates and rosters will be discussed.

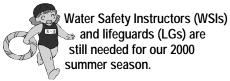
SUMMER BASKETBALL ORGANIZATIONAL **MEETING**

DATE: Tuesday, June 6 TIME: 4:00 p.m.

LOCATION: Bldg. 239, Athletic **Director's Office**

League divisions, rules, game dates and rosters will be discussed.





If you or anyone you know is interested in teaching swim lessons, being a lifeguard, and/ or obtaining your WSI or LG certifications, please call the Roman Plunge Swimming Pool at 656-2275.

Please call the Roman Plunge Swimming Pool at 656-2275, for class schedules, pool fees, hours of operation and further information.



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INFORMATION TICKETS & TOURS

Open Monday-Friday 9:30am to 4:30pm

Closed Weekends & Federal Holidays

Military or DoD identification cards are required for all purchases.

	UPCOMING ITT TOURS	
JUNE 3	GIANTS VS. ATHLETICS	\$30.00
JUNE 10	SAN FRANCISCO GET ACQUAINTED	\$20.00
JULY 1	SIX FLAGS MARINE WORLD	\$35.00
JULY 22	LES MISERABLES	\$52.00



BASEBALL TICKETS

Oakland Athletics weekend game tickets are available now for \$8.25 per ticket. Due to changes in the San Francisco Giants ticket policy, the ITT office will not be handling Giants season tickets this year.

EXTRA SAVINGS FOR MILITARY ONLY!

Magic Mountain Early Bird One Day Pass

On sale through June 30, 2000 for \$20.50. Regular admission price is \$39.00. You save \$18.50!! Tickets expire December 31, 2000.

Must be prepared to show Military ID at gate. Entrance to theme park may be denied without proper ID. No refunds/ exchanges through ITT.



\$41.00 each.

THE TECH MUSEUM OF INNOVATION

RAGING WATERS TICKETS

The San Jose water park is OPEN! Adult

tickets are \$17.50 and children (under 42" tall) are \$15.00. Children two and under are free.

ITT also has individual season passes for

We are now selling the combination Tech Museum admission and the IMAX theater in San Jose. Adults are \$13.95 and children (3-12 years) are \$10.95. Technology from Silicon Valley and beyond comes alive in this unique museum featuring fun, interactive exhibits for all ages.

NEW MOVIE DISCOUNT TICKETS

ITT has discount tickets for Resort Theatres (Galaxy Six, Lighthouse and Crossroads Theatres). Discount tickets are \$5.50 each. Normal purchase eligibility requirements apply.

For a current list of all discounted tickets sold through the ITT office, please visit us during business hours.

FISHING TRIPS

Sign up for local deep sea fishing trips with Randy's Fishing Trips. Prices start at \$31.00 per person and tackle and license are extra. Experience the Monterey Bay in a whole new way.

NOTICE TO TICKET BUYERS:

Vendors have the right to ask for military ID. Patrons purchasing amusement park tickets as gifts run the risk of having the ticket holder denied entry at the gate. Patrons may take non-military/DoD guests along, but the rule of thumb is 50% of each party having military or DoD ID cards and 50% without. Check with ITT before you buy.



Laguna Seca Raceway Tickets

July 6-9:



International Superbike Classic

August 18-20:

Historic Automobile Races



September 8-10:

Honda Grand Prix of Monterey



October 13-15:

Monterey Sports Car Championships



For more info about discounted tickets and upcoming special events, please visit the ITT Office on the ground floor in Herrmann Hall (Bldg. 220) or call 656-3223.

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Youth Summer Day Camp

"CAMP S.O.S."





Open to Youth, Ages 6-12 (grades 1-6)

- Day Camp Hours: 9am-5pm (Monday through Friday)
- Wrap around child care available from 7:30 to 9am and 5-6pm.
- Camp fees are based on the Youth Center sliding fee scale. A minimum deposit of \$5 per child per week, (due at time of registration), will hold a space in our camp program.

Deposits are non-transferable and non-refundable.

Camp fees cover swimming pool fees, one camp tee shirt per camper, daily snack and weekly field trips.

> Please contact the Youth Center at 656-2127 for more details and to pre-register your child .

On April 22, the Youth Center and Child Development Center hosted the 2nd Annual Spring Eggstravaganza, and if you were there, you know the event was a huge success!! Thank you to everyone involved. We thought you would enjoy seeing some unique moments that were captured on that special day.

Watch for our upcoming special events – we guarantee a fun summer!!!

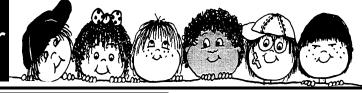








Child Development Center



PART-DAY PRESCHOOL SUMMER FUN July 10 through August 18

Children, ages 3 to 5 are invited to come along for a summer of fun designed just for you! Sessions with developmentally appropriate activities are scheduled for either two-day or three-day morning classes. Registration is now open!! Stop by the CDC in La Mesa for more information.

PART-DAY PRESCHOOL FALL SESSION Begins August 28/29

Yes, it's time to think about fall enrollment for our fabulous Part-Day Preschool program! Our classes are beginning to fill up, so don't delay if you want to be part of the fun! The fall session will consist of twoday and three-day morning classes. To reserve a place

for your child, stop by the CDC and we'll tell you all about our fantastic program!

GRADUATION CHILD CARE

Special Event Child Care is available at the CDC for \$3.00 per hour dur-

Child Development Program News

ABOUT CDC

We offer developmentally appropriate child development programs in La Mesa Village for children ages 6 weeks to 5 years of age. We have full-time day care, part-day preschool and hourly care on a space-available basis.

CHILD DEVELOPMENT HOMES

We have certified Child Development Home (CDH) Providers offering child care Please call the MWR in their homes in La Mesa Village. These CDH providers have completed extensive 656-3102, for details training, are CPR/First Aid qualified and have successfully met all background check and inspection requirements.

They have fun, exciting developmentally appropriate activities planned and are eager to assist with meeting your child care needs within their home environment. A list of certified CDH providers is available for pick up at the CDC during business hours. Provider referrals may not be released by phone.

JOBS OPEN AT CDC

We are always looking for fun-loving, child-oriented, team-spirited people to join our team at CDC! Personnel Office at,

about the positions currently available.



For more info about the Child Development Center, how we can meet your child care needs and any of our upcoming special events, please call 656-2734.



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- ? Located at the Coast Guard Pier in historic downtown Monterey.
- ? Reservations available Wednesday through Sunday, noon to sunset. Please call ahead to make yours.
- ? Nine sailboats are available for eligible patron rental. The marina may be used by active duty military, reservists, retirees and DoD employees. "Check sails" are required for boat

safety, to meet local sailing regulations and for orientation prior to initial sailboat rental.

- ? Power boat rentals are available through Outdoor Recreation (at DLI). Please call them at 242-5506 for additional information about power boat rentals.
- ? For marina information, check sails, and sailboat reservations, call the Bluewater Cove Marina boathouse at 656-2159.

*** FATHER'S DAY SPECIAL ***

Families of all eligible marina patrons are invited to bring Dad out for a day of *FREE* sailing on *Sunday, June 18th* from Noon to 4pm. Please call in advance to reserve a sailboat for a Father's Day filled with fun & sun on the Monterey Bay that he'll always remember!

BLUEWATER COVE MARINA PROGRAM NOTES

Summer Sailing Classes

Sign up now for summer sailing classes. We now have classes scheduled for August 19 & 20 and September 16 & 17. The cost is \$60 per student. For more information, call Bluewater Cove Marina, 656-2159.

Monterey Navy Flying Club

Located at the Monterey Airport, you will find aircraft rental and professional

flight training in an informal, club-type atmosphere. For more info, call the Monterey Navy Flying Club at 372-



MEET THE FLEET These sailboats are available for rental at Bluewater Cove Marina.

Lorraine	22ft. Capri	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Small 23ft. Ranger		\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Antares	26ft. Excalibur	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Serenade	22ft. Santana	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Medora	30ft. Shields	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Storm	30ft. Shields	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Barbara	30ft. Shields	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Harriet	30ft. Shields	\$12/hr. Wed./Thurs.	\$14/hr. Fri./Sun.
Hanalei II	30ft. Buccaneer	\$14/hr. Wed./Thurs.	\$17/hr. Fri./Sun.
2000 Racing Charter Fee	\$820.00 per calendar year		

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members & DoD civilians.

About Our Park

Located deep within the serene Monterey Pines Recreation Complex (*Fairgrounds Road at Garden Road in Monterey.*) Offered at our park are 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

For advance reservations or more information, call the Monterey Pines Golf Course Pro Shop at 831/656-4029.

DAILY RENTAL FEES		
Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/ Retiree/Family Member	\$14/Day	\$12/Day
DoD Civilian	\$16/Day	\$14/Day
Civilian Guest	\$18/Day	\$16/Day

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MONTEREY PINES GOLF COURSE

HOURS OF OPERATION

GOLF PRO SHOP 6:30am to 8pm ~ Daily Twilight Golf ~ 2pm to Closing

MONTEREY PINES SNACK BAR 10am-5pm ~ Daily

QUOTE OF THE MONTH



"What is nice about the SENIOR TOUR is you can't remember your bad shots."

-Bobby Brue Member of the Senior PGA Tour

THE PRO'S VIEW:

Continuing our series on how to best manage your play at Monterey Pines Golf Course, this month our focus is on:

Hole #11 142 Yards, Par 3

Playing the hole for the very first time is an experience. You literally have to search for the green— it's tucked between the trees on the left, and bordered with bunkers and out of bounds stakes on the right. The front of the green is guarded by a bunker and a very tall tree (that the golfer must hit over to have a chance for the green).

"Standing on the tee, there is only one option, selecting the right club with enough loft to carry all of the obstacles in front of the green. This is fairly easy for the better golfer, however, short hitters will have to use less lofted clubs to hit the ball far enough to reach the green. If your tee shot misses the green, you will be faced with a difficult pitch, sand, or chip shot to save par."

Remember, have fun, play smart and (most of all) enjoy the game of golf! Join us again next month when we talk about how to approach hole number twelve. Just one last quick reminder, when you finish playing a hole, please repair your ball marks and divots. Thanks!

We look forward to seeing you on the course at Monterey Pines!

The Rules of Golf: Rule 2. Match Play

- **2-1. Winner of Hole; Reckoning of Holes:** In match play the game is played by holes. Except as otherwise provided in the *Rules*, a hole is won by the *side* which *holes* its ball in the fewer *strokes*. In a handicap match the lower net score wins the hole. The reckoning of holes is kept by the terms: so many "holes up" or "all square," and so many "to play." A *side* is "dormie" when it is as many holes up as there are holes remaining to be played.
- **2-2. Halved Hole:** A hole is halved if each *side holes* out in the same number of *strokes*. When a player has *holed* out and his opponent has been left with a *stroke* for the half, if the player thereafter incurs a penalty, the hole is halved.
- **2-3. Winner of Match:** A match (which consists of a *stipulated round*, unless otherwise decreed by the *Committee*) is won by the *side* which is leading by a number of holes greater than the number of holes remaining to be played. The *Committee* may, for the purpose of settling a tie, extend the *stipulated round* to as many holes as are required for a match to be won.

MONTEREY PINES GREENS FEES WEEKENDS & HOLIDAYS Military \$12.00 DoD Civilian \$15.00 Guest \$25.00 Junior Military \$6.00 Junior DoD \$7.00 Junior Guest \$8.00 MONDAY-FRIDAY \$10.00 Military DoD Civilian \$12.00 \$18.00 Guest Junior Military \$6.00 Junior DoD \$7.00 Junior Guest \$8.00 \$8.00 Military DoD Civilian \$10.00 \$15.00 Guest Junior Military \$6.00 Junior DoD \$7.00 Junior Guest \$8.00 TWILIGHT (3pm-closing) Military \$7.00 DoD Civilian \$8.00 Guest \$11.00 Junior Military \$6.00 Junior DoD \$7.00 Junior Guest \$8.00

Golf Tournament News

"Scramble at the Pines"

All Military, Active/Retired/Reservists and DoD Civilians are encouraged to join us each Friday, from 12 noon until 3pm for a four person nine hole scramble. We will play some golf, compete for prize money, and Have A Lot of Fun!!

- ? **Cost:** \$5.00 per person (does not include green fees).
- ? **Team Composition:** Pick your own team or we will pick one for you.
- ? Rules and Requirements:
- 1) Every player must have one drive off the tee used during the round
- 2) Must hole out on each green
- 3) Must be willing to enjoy the afternoon outdoors
- **4**) Management will select which nine holes will be played each week

Good Luck and we'll see you soon!

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NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ http://onboard.nps.navv.mil/intra/

INFORMATION, TICKETS & TOURS – Herrmann Hall ground floor (Bldg. 220) across from NFCU. Open 9:30am-4:30pm, Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed Saturdays and federal holidays. Phone: 656-2170. Hours of Operation:

Ala Carte Breakfast: 6:45-10:45am Weekdays Hot Breakfast: 6:45-8:30am Weekdays Lunch: 10:45am-2pm Weekdays Dinner: See Trident Room listing below. Champagne Brunch: 10am-2pm Sundays

TRIDENT ROOM – Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays.

Phone: 656-2170. Hours of Operation:

Dinner service:

Beverage Service: 4-11pm Monday-Wednesday

3-11pm Thursday & Friday 4-9pm Monday through Friday

CLUB DEL MONTE / CATERING SALES OFFICE – Herrmann Hall ground floor across from the Trident Room (Bldg. 220). Open Tuesday through Friday, 8am to 4:30pm. Closed weekends and federal holidays. Phone: 656-1049.

MWR ADMINISTRATIVE OFFICES – Herrmann Hall ground floor across from the Trident Room (Bldg. 220). MWR Offices are open weekdays, 8am-4:30pm. Closed weekends and federal holidays. Phone: 656-2432.

MONTEREY BAY ATHLETIC CLUB – (Bldg. 239). Hours of Operation: Open Monday through Friday, 5:30am-9pm; Saturday, 8am-5pm; and 10am-5pm on Sundays and most federal holidays. Phone: 656-3118.

ROMAN PLUNGE SWIMMING POOL – (Bldg. 210) Hours of Operation: Open Tuesday through Friday, 11am-1pm (Lap Swim); 1-7pm (Recreational Swim); Saturday/Sunday, Noon-6pm (Recreational Swim); Closed on Monday. Phone: 656-2275.

CHILD DEVELOPMENT CENTER – La Mesa Village next to La Mesa Elementary School. Open 7:30am to 5:30pm, Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES– Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

YOUTH CENTER – La Mesa Village, Sylvan at Leahy. Open for School Age Care, Monday through Friday, 7:30-8am and 2-6pm. Special camps offered for school breaks (all seasons) & teacher in-service days. Closed all federal holidays. Phone: 656-2127.

MONTEREY PINES GOLF COURSE – Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30am-8pm, including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND – Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-4029.

BLUEWATER COVE MARINA – On the Coast Guard pier, downtown Monterey. Open noon to sunset, Wednesday-Sunday by reservation. Closed all federal holidays. Phone: 656-2159.

MWR BUSINESS OFFICE – Herrmann Hall ground floor (Bldg. 220), next door to ITT. Open Monday through Friday , 8am-4:30pm. Closed weekends and all federal holidays. Phone: 656-5234.

MWR PERSONNEL OFFICE – Herrmann Hall ground floor (Bldg. 220), through the doorway next to ITT. Open Monday through Thursday, 8am-4:30pm. Closed Friday-Sunday and all federal holidays. Phone: 656-3102.

MWR MARKETING OFFICE – Herrmann Hall ground floor (Bldg. 220), through the door next to ITT. Open Monday through Friday, 8am-4:30pm. Closed weekends and all federal holidays. Phone: 656-5235.

MONTEREY NAVY FLYING CLUB – At the Monterey Airport. Open daily, 9am-5pm. Phone: 372-7033.



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Morale, Welfare and Recreation Department Naval Postgraduate School 1 University Circle Monterey, CA 93943-5000